



# Navy and Marine Corps Public Health Center "Quick Hits"



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## Navy Leader's Guide for Managing Sailors in Distress

The [Navy Leader's Guide website](#) assists with awareness and intervention strategies before a Sailor has reached the threshold of debilitating distress, as indicated by emotional and behavioral difficulties, alcohol or substance abuse, violence or behaviorally linked accidents. It provides guidance to leaders on giving psychological support to individuals across the stress continuum, from a healthy and prevention status, to navigating stress to a severe level of distress. The Leader's Guide assists in the decision-making process by describing a broad range of supportive interventions, resources, and strategies for supporting Sailors in distress and also provides guidance on effective communications with Navy helping personnel.



### Navy Leader's Guide Features...

- **LEADERS** are key members in the stress prevention and management effort. This area focuses on assisting Leaders in providing strategies and community resources to help others cope with life stressors and to deal with potential barriers and difficulties.
- **DEPLOYMENT** focuses on stressors associated with family separations, emergencies and crisis, and psychosocial stressors associated with family and marital issues. It also provides information on keeping open, ongoing communication with the Sailors' families while they are deployed.
- **OPERATIONAL STRESS CONTROL** concentrates on addressing stress in operational and combat settings. It illustrates the DoN Stress Continuum Model, which identifies various levels of stress, and provides proactive strategies and tools to keep Sailors mission-ready and in a healthy "Green" zone.
- **MENTAL HEALTH & SUBSTANCE ABUSE** explains that distress is often linked to other problems that harm quality of life and affect readiness. This assists Leaders to promote psychological health, and wellness through the prevention, early intervention and treatment of behavioral and substance abuse issues.
- **PERSONNEL & FAMILY** helps Leaders mitigate the effects of stress during critical events such as natural disasters, acts of terrorism, and mass casualty accidents. It also lists valuable information regarding assistance with financial, legal and marital problems and hardships caused by special family needs.
- **SAILOR SELF CARE** helps individuals build resilience. It provides strategies to successfully navigate stress, improve time management, and enhance problem-solving capabilities. Sailors learn to recognize signs of stress and to identify personal stressors. This section also provides training to promote resilience and strategies for strengthening leadership.



### POC, Links and Web Resources...

- NMCPHC Homepage: <http://www.nmcphc.med.navy.mil/>
- Navy and Marine Corp Relief Society: <http://www.nmcrs.org/>
- NMCPHC Healthy Living: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/](http://www.nmcphc.med.navy.mil/Healthy_Living/)
- Navy Leader's Guide for Managing Sailors in Distress: <http://www.nmcphc.med.navy.mil/LGuide/>
- Military One Source <http://www.militaryonesource.com/MOS/Navy.aspx?MRole=Member&Branch=Navy&Component=Active>
- Navy Operational Stress Control Program: <http://navynavstress.com/>